

# the newham mag

**ISSUE 146**  
31 May 2008



Page 10  
Chain  
reaction



Page 18  
All  
that  
glitters

> **Page 12** On track: £15m of improvements to leisure and parks



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# the newham mag



As a keen cyclist I don't need to be persuaded about the benefits of travelling by bike. This fortnight you can discover why you're often better off by bike and details of rides you can get involved with.

You can read all about the changes to parks and leisure

facilities aided by a cool £15m from the council and their partners. Remember to enter our Father's Day competition; the winning dad gets a slap-up meal and a signed football from our boys at Upton Park.



Anita

**On the cover:**  
Changes to  
parks and leisure

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Look out for the next issue from 14 June

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## IN BRIEF //

### Recycle week

Recycle week is from 2 to 8 June. On 5 June there will be an event to mark World Environment Day in Stratford Shopping Centre and a recycling day on 7 June at the Winsor Park Community Centre in Beckton.

Mayor Sir Robin Wales said: "The environment is everyone's responsibility and recycling is everyone's duty."

To find out more about what you can do to recycle call 020 8430 2000 or visit [www.newham.gov.uk/services/recycling](http://www.newham.gov.uk/services/recycling)

### Photo exhibition raises awareness of hepatitis C

East London resident Shahnaz Ahmad helped to raise awareness of hepatitis C as part of a Government campaign to coincide with World Hepatitis Day on Saturday 19 May.

Shahnaz, who cleared hepatitis C through treatment, unveiled a photo exhibition at Stratford Shopping Centre.

The display, which featured portraits of people who have lived or are currently living with hepatitis C, was produced by photographer Michele Martinoli, who was herself successfully treated for the blood-borne virus.

It is estimated that about 200,000 people in England have hepatitis C which can cause chronic infection and serious liver damage.

Although the virus can affect people from any background there is emerging evidence that the South Asian community in this country may be at a higher risk than the general population.

For information and advice about hepatitis C contact the Department of Health's Hepatitis C Information Line on 0800 451 451.

### Marking the anniversary of Ronan Point

Community lead councillor for Custom House and Canning Town, Pat Holland, visited the site of Ronan Point where she laid flowers to mark the 40th anniversary of the tragic explosion in which five residents died.

The anniversary comes as the council's large scale regeneration of the Canning Town and Custom House area is making strides. The regeneration aims to boost housing, educational attainment and employment and forms part of central Government's Mixed Communities Initiative, which will build diverse and thriving neighbourhoods. Read more on page 16.



Councillor Pat Holland and husband Patrick lay a floral tribute

### Disabled residents get mobile with Dial a Wheelchair

A new council service has been launched that will dramatically improve the lives of our most vulnerable residents. As well as all kinds of other equipment, residents can now borrow wheelchairs for a maximum of three days.

The council's Integrated Community Equipment Service (ICES) provides equipment that helps children, young people, adults and older people with disabilities to become more mobile, more independent and more able to enjoy what many of us take for granted.

The equipment includes items to help around the home, for example a ramp to help someone get into their house, a raiser to help getting up from their chair or a bath or shower seat.

Dial a Wheelchair (DAW) provides short-term loan wheelchairs to people who may not always need a chair in their daily lives so they can, for example, go to a hairdresser appointment, visit far-flung friends or go to a wedding.

For more information on DAW, contact Mathew Sheehan, ICES Team Manager, on 020 8430 2230 or email [mathew.sheehan@newham.gov.uk](mailto:mathew.sheehan@newham.gov.uk)

## UEL partnership boosts youth sport

Young people's sport will benefit from a two-year £5,000 sponsorship package from University of East London (UEL).

The funding will be used for the Newham mini games and the Balfour Beatty London Youth Games held from 1 June to 6 July.

UEL's support will help to enhance the experience of the games for the young people involved, through providing

specialist sports clothing and equipment, such as netball skirts and hockey pads.

After the events the equipment will be available for sports clubs and schools to borrow for competitions and representative fixtures.

The partnership will also allow UEL students to work at the sporting events and gain coaching and competition experience.



Councillor Jo Corbett accepts the cheque from UEL

## Prime minister visits Newham to see Olympic Park construction

Mayor Sir Robin Wales joined Prime Minister Gordon Brown, Mayor of London Boris Johnson and Olympics Minister Tessa Jowell when they visited the Olympic Park in Stratford to see the start of construction on the Olympic Stadium site, a full three months earlier than planned.

The event marked the beginning of the big build across the park.

Construction will accelerate over the next year when building works start on the other five main venues: the Aquatics Centre, VeloPark, International Broadcast Centre and the Olympic Village.

Gordon Brown said: "The early start to building work on the Olympic Park site is good news, taking us another step closer to 2012 and the

regeneration of one of the country's most deprived areas. I have no doubt that the construction of the new permanent venues, infrastructure and transport links within the largest new urban park to be created in Europe for 150 years, will be a catalyst for lasting social and economic change in east London."

Sir Robin Wales said: "This is the start of an exciting transformation for Newham as we prepare to host the world's greatest sporting event in 2012. We can not only look forward to the development of world-class sporting venues, but also to thousands of new homes, new open spaces and community facilities."



Mayor Sir Robin Wales, Sarah Brown, ODA Chair John Armitt and Prime Minister Gordon Brown.



# NEWS // IN PICTURES

The 150-year old cobbled street unearthed by archaeologists at the London 2012 VeloPark site in Temple Mills Lane.





# NEWS // IN PICTURES

**1** Medals wait to adorn Newham youngsters at Corus Kids of Steel triathlon. **2** PM Gordon Brown, Chair of the Olympic Delivery Authority John Armitt and Seb Coe view the Olympic Park model. **3** Piling starts on the new Olympic Stadium. **4** Enjoying the May sunshine by the Royal Docks.



## Detection arches come to Newham

I visited Green Street in Upton Park with the borough police commander Detective Chief Superintendent Nick Bracken to see how officers are putting the Metropolitan Police's Operation Blunt 2 into action.

The operation is designed to prevent youth violence, particularly the carrying and use of knives in public. It involves increased use of stop and search powers as well as a range of other tactics including setting up detection arches.

While this may make some people feel uncomfortable, it is about keeping our communities and especially young people safe by taking knives and other weapons off the streets.

People have told me that they want more stop and search and I support its use, providing it is done effectively and appropriately and with dignity and respect, which the borough commander assures me is the case.

Eastlea School in Canning Town became the first in Newham to trial a detection arch for pupils to pass through on their way into school.

I visited the school to lend my support. I believe that schools must be a safe haven; they provide a space for our young people to grow and learn and are a hub for communities, and we need to ensure that schools remain safe.

The detection arches show that we take the problem seriously and help to reassure young people and parents. The vast majority of our kids will have nothing to worry about when walking through the arch.

It is our duty as a council, as parents and as a community to protect our young people, and using detection arches is just one way of doing this. I would encourage other schools to considering using their powers to screen and search and help avoid future tragedies.



Sir Robin Wales with Nick Bracken, borough police commander, at Upton Park



Eastlea School trials the detection arches

## Civic Ambassador Akbar Chaudhary gears up for a busy year

I am delighted to welcome Councillor Akbar Chaudhary to the exciting role of Civic Ambassador. Councillor Chaudhary, who was appointed at the council's Annual General Meeting, has devoted himself to the Forest Gate South ward for 18 years and has been chair of housing, chair of environment and planning committees and chair of scrutiny for the council. He has been vice-chair of Newham Rights Centre, treasurer of Newham Council for Race Equality and chair and executive member of Newham Ethnic Welfare Association, as well as running his own Green Street business and vice-chairing the Green Street South Traders Association.



Councillor Chaudhary paid homage to his predecessor Councillor Omana Gangadharan and her work raising money for charities. He has chosen Canning Town-based Community Links as his main charity but also has a keen interest in diabetes-related work.

# Mayor's view







## Royal Docks Regatta lights up Silvertown

I was lucky enough to get to Poplar Regatta on the Royal Albert Dock, where sailing crews and rowers congregated to race at the London Regatta Centre, which proved to be a first class sports venue. Crews from all over the country and abroad competed at the event, including some rowers who will be representing Great Britain at this year's Paralympic Games in Beijing. There were more than 50 races on the centre's 2,000 metre six-lane course. It was great to see so many people of different ages and abilities using Newham's top notch facilities to improve their fitness levels, stamina, co-ordination and skills.

## Annual General Meeting

Our Annual General Meeting is a time to reflect on how we've done over the year and get our key messages for the year ahead across.

Central to our vision is to help build a strong community that is hardworking and inclusive for everyone. We will maintain community cohesion and continue to deliver excellent services for residents.

Our residents tell us crime and anti-social behaviour is their main concern, so I have made it my priority. In addition to diversionary activities for young people, we have an ASB hotline with an excellent response record. We care about our hard-working, law-abiding residents and we're not afraid to punish the minority who break the law.

Housing is a hot topic in the capital

but Newham is leading the way with new ideas; the Government has acknowledged that we have the most progressive housing policies, which recognise the differing needs of social housing and private tenants. Waiting times are based on a first-come, first-served allocation, creating a fairer system.

I strongly believe that employment is the key to prosperity. We are training residents through our own employment service, Workplace, so they are ready for the new jobs that are already becoming available on the Olympic site, Stratford City and the Docks.

Newham is changing and together we will build a borough where people want to work, live and stay.



Being one of the few elected Mayors, I am directly accountable to you. You can meet me and discuss any issues that you think I can help with. To find out more visit my website at [www.newham.gov.uk/mayor](http://www.newham.gov.uk/mayor) or call 020 8430 2107 to find out where I'll be.

# with Sir Robin Wales

**Almost all cyclists would agree that two wheels are better than four. Whether you ride for fun or leisure, as a preferred means of transport or not at all, National Bike Week encourages people of all levels to dust off their wheels and take to the streets during June.**

Between 14 and 20 June pupils from Godwin Junior, Park Primary, Ranelagh Primary, West Ham Primary, Curwen Primary, Kaizen Primary, Ellen Wilkinson Primary, Roman Road Primary, New City Primary and Stratford Secondary schools will be biking the borough as a demonstration of their commitment to pedal power. Around ten pupils will relay a pledge card signed by head teachers and students promising to continue to promote cycling as a great way to get fit and have fun.

Newham's cycle training provider Bikeworks will be joining pupils on the relay. Bikeworks have delivered cycle training days to help residents and young people to begin cycling or brush up on their skills and cycle safely. Sustrans, who work in schools delivering the Bike It

project, are assisting three schools to take part in a virtual bike race – a 7,500-mile journey from Cairo to Cape Town based on the route of the international Tour d'Afrique. Children, parents and teachers are racing against 80 schools nationally to see who can clock up the most miles and reach the final destination. Girls at Stratford Secondary School have been receiving cycle training and designing trendy clothes that are comfortable for cycling. Their designs will be professionally made and displayed at an exhibition at the school.

### **Freewheeling...why you should cycle**

- > Great way to get regular exercise
- > In rush hour it can be twice as fast as a car
- > You can park bikes almost anywhere
- > Bikes produce no pollution and are good for the environment
- > Bikes are kinder on your pocket than a car.

### **Want to get involved?**

If you're interested in discovering Newham by bike look no further! A Ride and Stride Map has been launched for cyclists and ramblers who want to take in the sights of the Olympic venues of Newham and other host boroughs. If you missed the launch event at Meridian Square you can still order a copy by calling 020 8430 2012.

The Rotary Club of Newham and Newham Cycling Group invite you to cycle the Greenway on Sunday 8 June, from 10am to 5pm between Upper Road, Plaistow, and Stratford High Street. The Greenway is a traffic free path of two and a half miles in the centre of Newham. The ride is to raise money for schools and local charities. If you haven't yet got your sponsorship form you can request one by emailing [michael@striesow.co.uk](mailto:michael@striesow.co.uk)

Dr Bike will be on hand with cycle maintenance advice and each cyclist will receive a certificate and medal to show their achievement.

# Get on your bike





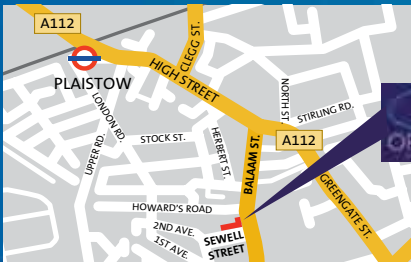
# SHOW HOME OPEN DAY

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\* Based on a 35% share of a 2 bedroom apartment valued at £217,500. A subsidised rent is payable on the remaining share. A service charge will also apply. Details correct at time of going to print May 2008. Dominion Housing Group Ltd. Registered in England No. 05045031. Registered Charity No. 1116528. Housing Corporation No. L4429. Registered Office: Capital House, 25 Chapel Street, London NW1 5WX.

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## My name is Awa.



Awa is ten years old and is looking for a new family. Awa is a very happy child, with a great sense of humour and as you can see, she has a beautiful smile. Popular, both at school and church, Awa loves mixing with other children.

Awa is a bright girl despite having difficulty with her speech. This is due to her physical condition, cerebral palsy, which affects her balance and movements, and walking long distances can be a little difficult for her. But she is having regular physiotherapy which has helped enormously with the stiffness in her joints.

Even with her disability, Awa tries at all times to be independent. What she cannot express in words, she manages to express in other ways. Awa loves singing and watching her favourite programmes on tv. She also enjoys riding her bike.

Awa's ethnicity is African (Gambian) and we are looking for either a single or two parent adoptive family who can reflect Awa's cultural identity and heritage. A family who can support Awa with her long term physical needs, so that she can develop the skills needed to become an independent adult.



If you would like to find out more about offering Awa a permanent, loving home, please contact Lilian Oladimeji, Newham Adoption Service on 020 8430 4636 or email [lilian.oladimeji@newham.gov.uk](mailto:lilian.oladimeji@newham.gov.uk)

*Adoption. Change a child's future.*



Under construction: Cllr Jo Corbett and Head of Culture  
Grant Aitken under the structure in Stratford Park.



# RUNNING ON TIME

## IMPROVEMENTS TO LEISURE AND PARKS



**There is something exciting happening to leisure facilities and parks. There are 16 projects dotted across the borough which will bring a raft of changes, improvements and facilities for all. The council and its partners have jointly funded the developments, which tally up to a sizable £15m and give a taste of things to come in the run up to 2012 and beyond. Some improvements you may have already noticed, like the towering skeleton structure in Stratford Park, and the ones that you haven't we'll tell you more about.**

**Stratford Park:** Before the end of summer Stratford Park will have a free sports facility for all seasons and the UK's first covered floodlit multi use games area with jogging track. The project is funded by the council, the London Development Agency (LDA) and Sport England. Once completed, the facility will be available for football and other sporting activities.

**Newham Leisure Centre:** Newham Leisure Centre, Plaistow, is expanding with the introduction of an indoor athletics centre, supported by the London Marathon Charitable Trust, Big Lottery, Sports Lottery, UK Athletics and Jack Petchey Foundation. Alongside this there will be a sports hub consisting of three, seven-a-side floodlit synthetic football pitches, with increased car parking, better lighting and CCTV, delivered in conjunction with the council and Greenwich Leisure Limited (GLL).

**Flanders Pavilion:** Last year work began on the green space beside Flanders Community Centre, East Ham, to create a new changing pavilion and additional community space at Flanders Field. The second phase of work will see a floodlit artificial pitch and games area to attract a future Bobby Moore or Graham Gooch, who both trained at Flanders. The project is in partnership with Bonny Downs Community Association, with funding from the Football Foundation.

**Outdoors in the City:** Young people will be living the high life in more ways than one. A Community Links project supported by the council will see a

high rope adventure facility open soon in Beckton. Vertigo suffers have been warned!

**Memorial Park:** West Ham's Memorial Park is evolving. Work on two new changing pavilions, grass pitch improvements and an artificial full-size floodlit pitch for football and rugby is nearing completion. The project, in partnership with regeneration programme New Deal for Communities, will also see improved entrances for the park.

**Central Park:** Earlier this year we featured details of the massive restoration of Central Park, East Ham. The project includes the re-creation of landscape garden features and provision of new play equipment. Refurbishment of the café and toilets is due to start this autumn. The project is on track to be completed mid-2009, with the bulk of the funding coming from the Heritage Lottery.

**Sandal Street Open Space:** The Sandal Street development in West Ham isn't just about environmental improvements. The project also boasts provision of a new children and young people's neighbourhood resource centre. The council, Community Links and Newham Homes are collectively supporting a new floodlit multi-use games area, play area refurbishment and landscape improvements, due to be completed later this year.

**Keir Hardie Rec:** A new floodlit multi-use games area will be completed shortly. Stakeholders are the council, Canning Town and Custom House

Regeneration team and the Keir Hardie Neighbourhood Group.

**Forest Lane, Chandos, Brampton and King George V Park Play:** All sites will see the refurbishment and renewal of play facilities thanks to the LDA, the Big Lottery Fund and the council, in conjunction with friends groups in these parks and Chandos Community Centre.

**Canning Town Rec:** The hard landscaping improvements to the recreation ground are due to be completed shortly. The soft landscaping work to finish the transformation of the park is due to start in the autumn. The project is delivered by the council, Community Links and Transport for London.

**Leisure Centres:** Improvements have been made to gym equipment to the tune of £400,000 in partnership with GLL.

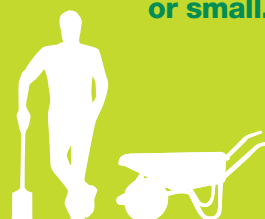
Executive member for culture Councillor Jo Corbett said: "Our parks and leisure services are improving massively. These projects will ensure that we have first class facilities for residents to use, free of charge. As a council, we're always encouraging communities to get involved with sport and physical activities; the improvements make getting involved that bit easier, whether it's getting friends together for a weekly football session, taking children to use new play facilities, or training for serious athletes."

**The Newham Mag will keep readers updated with each of the projects in future issues.**



# GARDENERS' SECRETS

Our green-fingered friends from Parks offer their expert knowledge for your green space – however big or small.



This is an important month for our parks. Central, Stratford and Forest Lane parks hold prestigious Green Flags – a national award – which are up for re-assessment. We're working hard to retain these awards, continue to provide high quality parks and increase the number of Green Flags.

The changeable weather can turn your garden into an Eden or a wasteland. If cold weather is forecast protect your plants with mulch, newspapers, light cloth or plastic. If the weather is sunny and dry make sure you water plants regularly. Flowers and shrubs need an inch of water each week; newly planted seedlings will perish if their roots dry out. The best time to water plants is early in the morning or late at night as the moisture will be absorbed easily.



June is the time to plan your summer bedding displays. If you don't have a garden you can plant in a hanging basket, container or window box. You can get good deals on compost which you can buy from garden centres or even pound shops.



Follow these steps to help beautify our borough:

- > Fill a basket or container with compost. Use compost with a wetting agent or add water absorbent granules. A wire basket needs a liner of moss or cardboard.
- > Start planting from the sides in. Use busy lizzies or trailing plants like lobelia.



As you move to the centre, plant geraniums, fuchsias, marigolds and petunias. Cherry tomatoes, strawberries and herbs can be grown in containers or hanging baskets.

- > Position the basket/ container in a sunny and sheltered location, water daily and add a feed to the water once a week.



## THINGS TO DO:

Apply a weedkiller and feed to lawns. Water in with a hose after a few days if it hasn't rained.



Cut grass weekly. Long grass takes more nutrients out of the soil, is harder to cut and can leave yellow patches.



Keep an eye on roses. Spray them for aphids and other pests. To save money you can use a soapy liquid.


**Plant now:** carrots, lettuce, potatoes, corn, beans and peas.

Slugs love young plants. Use organic slug pellets and be vigilant!





# Newham's free Summer Of Fun!



**Kick off your shoes and throw off your coats – Newham's FREE Summer of Fun is here and have we got a jam-packed calendar of events for you!**

The Mayor's Newham Show returns on 12 and 13 July in Central Park, East Ham, with a weekend stuffed with family fun including whole areas dedicated to music and dance, fashion, kids and young people, pamper areas and ways you can improve your borough – we're leading by example with plans for the greenest Newham Show ever. As well as giving you top tips on recycling, in the council marquee we'll be using the power of the elements to provide solar and wind powered energy.

Mayor Sir Robin Wales says: "Every summer Newham hosts what is, in my opinion, an unrivalled programme of events. Our numerous green spaces and youthful population combined with our exciting entertainment make each summer really memorable – and what's more it's all free! If you've never been to a Newham summer event, this year is a great time to start. Look out for information in future issues of the mag."

We've lots more instore, here is a taste of what you can expect:

Get active in the **SPORTS ZONE** – try football, basketball, rugby, judo, kick boxing, fencing and cheerleading. There'll be demonstrations throughout the two days, have a go sessions and you can pose your sports questions to the professionals.

***Just confirmed: a 100 metre running track – how fast are you?***

**MUSIC ZONE** – we're bound to have music to make your hips move, whether it's head banging rock or improvisational jazz, relaxed reggae or groovy Latin, there's plenty of sounds for you to appreciate whilst you tuck into your picnic.

***Just confirmed: Get ready to be all shook up with a performance from Newham's answer to Elvis, Sal Bashir.***

## **Under the Stars**

Come and party in Central Park from 28-31 August when Under the Stars makes its welcome return. Under the Stars promises to be the best ever with music for the whole family, including a kids' afternoon, popular Asian bands and the fantastic Royal Philharmonic Orchestra.

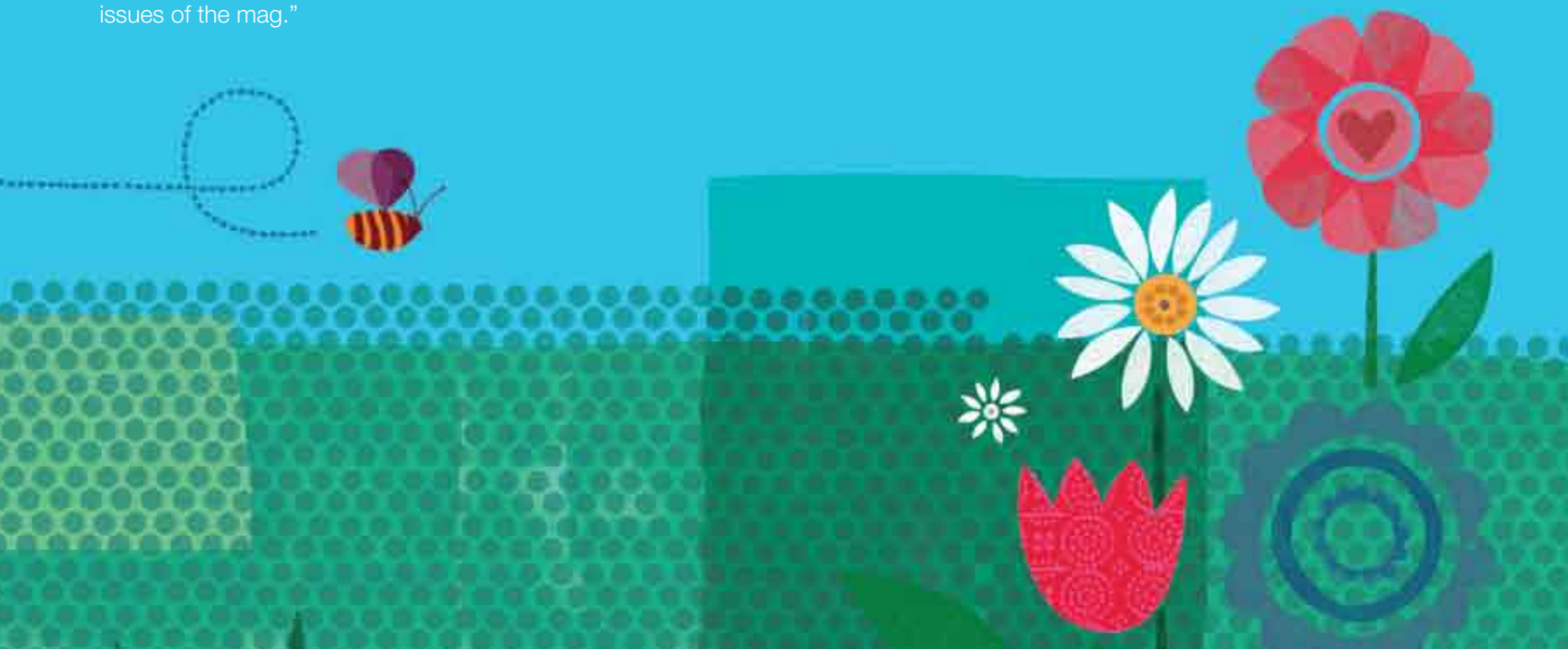
Look out for further band updates only in your Newham Mag!

## **Newham Summer School**

Newham's Summer School opens its doors in June with loads of free courses for 8-19-year-olds – everything from designing websites to building go-karts – all for free! Look out for your course guide, coming soon.

## **Don't forget!**

**Mayor's Newham Show:  
12 and 13 July  
Under the Stars:  
28 to 31 August**



# Building communities

While the nation focuses its attention on developments surrounding the 2012 Olympic Games and Paralympic Games, Canning Town and Custom House is quietly undergoing an even bigger regeneration that will span decades and is set to change the face of the borough and beyond.

Shona Pollock's enthusiasm for the area is boundless and very catching. As project officer for the regeneration programme, she is a regular on demolition sites, at events and consultations – that is when she's not at City Hall putting the words 'Canning Town and Custom House' on the most influential of lips. The Government has its eye on the redevelopment because

of its part in the Mixed Communities initiative, which encourages diversity of social backgrounds and revitalises areas. As the most westerly part of the Thames Gateway area, success here could entice the heart of London from west to east.

As for Shona, her heart is firmly in the East End. She explains: "After university a lot of my friends went off to do relief work in the Third World but I didn't feel comfortable

making decisions on issues that I hadn't lived through. Here I'm helping to make a difference to a place I know and that just feels more appropriate for me."

Making a difference is what the regeneration is all about, and it's not just buildings. Says Shona: "We've got funding for physical *and* social regeneration. So while we're building 10,000 new homes, with between 70 and 80 per cent social





housing, we're also providing loads of projects for families and young people.

"When the docks closed, a whole generation of people was suddenly without employment or skills and the area suffered – there wasn't anything to do. That's why we don't just work in partnership with Workplace, the council's jobs brokerage scheme, to help people into jobs but also provide other activities,

like the new multi-use games area in Keir Hardie Park." Transport links have brought new life to Canning Town and Custom House too, opening it up to the East End and rest of London.

With building going on up to 2021, the physical regeneration is impossible to overstate; however in an area that has seen so many attempts at renewal it's understandable that Shona sometimes

hears doubts from residents. She explains: "There are people who have seen many schemes come and go. But this is different – because it's council-funded we are in the best position to negotiate on how the money is spent, and we do. That's what makes Newham different. It knows what it wants, which is what's best for local people."

To find out what that is, the regeneration team has approached community consultation in a whole new way. "A big part of our consultation is outreach," Shona says. "Last summer we had a fun bus that we drove around the area, talking to residents about our Masterplan. We wanted everyone to have an equal say." And the unique nature of people here keeps the team on their toes: "People are not afraid to express their feelings; they're very outspoken in that East End way and they won't let us get away with not listening to them!"

**"Here I'm helping to make a difference to a place I know and that just feels more appropriate for me"**

The Masterplan, residents' views encompassed, has been published. All but one tower block along the A13 will be demolished and residents re-housed, a new town centre will be created and Rathbone Market, once the vibrant heart of the area, will be restored to its former glory – these are just a few among so many of the transformations that Shona must keep up to date with.

With so much to do, it's a good thing that she's continually excited by the project. She enthuses: "It used to be that people would move out of areas like this in east London once they made a bit of money. Now those people are moving back. They miss the vibrancy and buzz. It's the story of east London coming full circle – the Cockneys are coming home."

To find out more about the project, visit the weekly drop-in session every Thursday from 10am to 4pm at The Place, Silvertown Way, E16 or call **020 8430 3131**

To download the Masterplan, visit the Canning Town and Custom House Regeneration pages on **[www.newham.gov.uk](http://www.newham.gov.uk)**

Besides its multiculturalism, delicate fabric and luscious spices Green Street is a jewellery lover's paradise. Rich 22 carat gold designs and precious stones illuminate shop windows, attracting customers from across the country and around the world. Jewellers from the Green Street Jewellers Association (GSJA) are inviting you to Discover Jewellery as they prepare display the talents of their craftsmanship as part of the first Coutts London Jewellery week.

**"It's not about gold, diamonds, platinum, silver or costume jewellery it's about embracing them all as they all have their place and Green Street has it all."**

Events will be held across London's jewellery quarters featuring designers from Bond Street, Hatton Garden and Newham's own Green Street. Old Town Hall, Stratford will be the venue for a free two-day exhibition, from Saturday 14 to Sunday 15 June, of Green Street's finest precious gems and metals. The event is organised by the GSJA in collaboration with the council and Newham College. Almost all of the street's jewellers will be taking part in the exhibition, which will showcase gold, diamonds and other precious and semi precious stones, silver and costume jewellery.

The collaboration of the GSJA has resulted in jewellers working closely together as one united voice to promote Green Street as a world-class jewellery destination, ensuring it is a safe and enjoyable environment for businesses and customers and encouraging fresh talent into the industry. One of the founding members of the Association, Jayant Raniga from Pure Jewels (formally known as Bhanji Gokaldas & Sons) described the event as a stage

for Green Street to validate its claim of being one of London's finest jewellery clusters. He said: "The concept of adornment is changing. It's not about gold, diamonds, platinum, silver or costume jewellery, it's about embracing them all as they all have their place and Green Street has it all." Commitment to this ethos has seen a well-established family business of 30 years with three generations of traders, the oldest of which is retired 87 year old founder

of the business, Bhanji Raniga, open Green Street's first store dedicated entirely to gold's cousin, silver. Silver Statements sits beside Bees, the family's costume jewellery store, and will home to a first-of-its-kind exhibition that will display the craftwork of 13 emerging jewellery designers.

The all female group are graduates from Newham College's first Women into Jewellery course, funded by the London Development Agency, where students learn about jewellery design and techniques and gain an NVQ Level Two in silversmithing. Thirteen women have been offered the opportunity to showcase the fruits of an 18-week labour. Parob Coast, 21, is looking forward to displaying her first collection in store. Parob became interested in jewellery making after working in a lab, where she discovered a passion for gemmology. The course quenched her passion for the meanwhile and she is now keen to continue her skills with an apprenticeship.

Jayant said: "Silver Statements is

not just a business. It's a base for emerging talent to meet clients and have their work on display." The designs on show reflect a variety of techniques including enamelling, cutwork, stone setting, solder, hammer, texture and wirework. Newham Mayor Sir Robin Wales said: "Green Street is the jewel in Newham's crown and we're very proud that our traders are taking part in such a prestigious event."

Alongside the main event, the Town Hall foyer will host a display of the design processes used to make jewellery. A series of workshops will also take place throughout the weekend. There will be live demonstrations of ancient craftsmanship, a first look at the latest collections by Green Street jewellers and even a chance to get your precious stones and metals sonically cleaned by the experts.

**The Newham Mag has five pairs of VIP tickets to give away to lucky readers for the Gala launch of Discover on the evening of Friday 13 June. To win these write to the Newham Mag, Newham Town Hall, Communications, East Ham, E6 2RP or email [newham.mag@newham.gov.uk](mailto:newham.mag@newham.gov.uk) before Tuesday 10 June with your name, address and daytime telephone number. This competition is open to Newham residents only.**



# Going for gold

## discover jewellery show





<< Family affair:  
Jayant , Bhanji and  
Ramnik Raniga







# Newham takes gold in Panathlon Challenge

Boccia, a paralympic sport





L-R: Vanessa Wiseman, head of Langdon School, Saida Ahmed, Ropet Muhith and Ade Adepitan

As the drive to prepare for the 2012 Games gets under way, the Newham Sports Academy and Sports Development Team are priming our talented young people for athletic glory. Currently basking in the limelight is our disabled and Special Educational Needs (SEN) team who recently came first in the Panathlon Challenge East London heats. The Panathlon is designed specifically for disabled athletes and events included table cricket, new age kurling, field athletics, Boccia (similar to bowls), Polybat (similar to table tennis) and athletics races.

Newham's young paralympians in training wowed the crowds and won gold at the heats, beating competition from other boroughs including Hackney, Tower Hamlets and Redbridge. The pupils from Langdon, Lister, Forest Gate and Eastlea schools were awarded the trophy by Paralympic basketball star Ade Adepitan (pictured).

The Newham team will now go on to compete in the London final on 26 June at Westway Sports Centre in west London.

### Talent spotting

The Newham Sports Academy runs a sports talent detection in schools for SEN & Disabled young people, which discovers stars like those in our Panathlon team. Saida Ahmed (pictured), 13, is one such star. A pupil of Langdon School, she has been involved in Wheelchair football, Boccia and Wheelchair racing for two years, in part thanks to support from her teachers. She advises other disabled young people who are interested in sport to be proactive: "Ask around or ask your teachers if there are activities available. Search for sports activities online. If there's nothing for you, get people together and start a small sports club!" Turn to page 38 for sports listings for disabled people.

**This summer, catch the Game On festival which counts down to the Paralympics in 2012. For a full list of activities please contact our disability sports officer via email at [jassica.khanom@newham.gov.uk](mailto:jassica.khanom@newham.gov.uk) call 0208 430 6012 or text 07896 68 66 01.**

## ++ NEWS ON THE GAMES ++

### High Street 2012 'Nice Dream Van'

If you could make any change to your street, what would it be? Listen out for the Nice Dream Van and you could see your dreams become reality!

High Street 2012 is a project that will improve the route connecting Aldgate with Stratford Town Centre. We want to collect your dreams and aspirations for the streets and surrounding places along this route, which will feed into its eventual design.

The Nice Dream Van will be visiting your neighbourhood soon to gather your ideas for improvements to the High Street. Details of exact locations will follow in a future issue but, in the meantime, look out for a colourful van with colourful ideas for your neighbourhood!

### Judo talent try-outs for visually-impaired residents

Newham Sports Academy with Tessa Sanderson OBE will be holding a Judo talent try-out day for visually-impaired people of all ages and all abilities. at Newham Leisure Centre, Prince Regent Lane, Plaistow, on 10 June from 1.30 to 3pm. The event will be delivered in partnership with the British Judo Association and GLL and is supported by the Royal National Institute for the Blind.

If you are visually-impaired or know anyone who is and might like to take part, please contact Jassica Khanom on 020 8430 6012, email [jassica.khanom@newham.gov.uk](mailto:jassica.khanom@newham.gov.uk) or text 07896 68 66 01. You will need to provide the following info: your full name; date of birth; address; postcode; contact number and classification, eg B1, B2 or B3.

### International Olympic Committee impressed by progress

The International Olympic Committee (IOC) paid London Olympic sites a visit and were "greatly impressed by the quality and speed" of progress since their previous review.

Co-ordination Commission Chairman Denis Oswald said: "The progress made on the Olympic Park in particular is truly astounding. In all the areas of preparation, we have been able to see marked progress by the London 2012 team and this puts the London Organising Committee for the Olympic Games on track to deliver great Games in 2012 and a great legacy beyond."

# Stratford gets a **LIFT**

**LIFT, or the London International Festival of Theatre, has been an exciting presence in London arts for the past 25 years.**

The festival, which is supported by the London Thames Gateway Development Corporation, takes place every two years and kicks off this year in Stratford with a packed programme of plays, films and more at the Theatre Royal Stratford East, Stratford Circus and Stratford Park.

The festival also boasts The Lift, an enormous travelling structure – the height of three double buses – that will be based in Stratford Park. It has been designed with the help of more than 300 Londoners and will provide a venue that is a theatre, a concert hall, an open air stage, an interactive billboard, a cinema, an exhibition and a public meeting space all in one.

One of the Londoners who helped to create the Lift was April Francis, 18, from Plaistow. April has been involved

in the project since 2006 and is looking forward to the event so that she can enjoy the fruits of her labours. As a member of the Architecture Crew, which invites young people in Newham to get involved with building projects, she found it really exciting to be a part of something from its beginnings.

She explained: "In the initial stages I sat on a jury to help identify the best architect from a shortlist of four and the real work began after that! I was invited to represent the Crew on the Building Development Group along with people from Discover (children's centre) and schools." April is confident that the Lift will be a hit, saying: "It'll be best thing that's happened in Stratford for ages!"

The exciting programme of events, which includes a free outdoor Bollywood screening, multilingual karaoke, a craft club and a community picnic, is available for download; go to [www.liftfest.org.uk](http://www.liftfest.org.uk) or call **020 7490 3964** for the box office.

Young Mayor Zuhayb Ahmed and the Newham's Youth Council with facilitator Adam Annad, will be hosting an event called Free Speech. Young people aged 11 to 18-years-old can discuss issues that are important to them, with the people who can help take action on them. The debate takes place on Monday 16 June from 5 to 6.30pm at Stratford Park so get involved and have your voice heard.

Zuhayb said "This is a chance for young people to tell us about issues that are important to them. When I meet other young people the concerns I keep hearing are youth on youth crime, activities for young people and the need for more jobs. The debate at the LIFT will be an open forum for ideas – a chance for the Youth Council to listen to young people and for all of us to talk together about what we can do to improve ourselves, our environment and our opportunities."







# Lift Festival 2008 Stratford

Be more than a spectator at Lift Festival 2008 – immerse yourself in a world of international and UK performances, screenings and conversations.



## **Dangalnama**

A FLAME Production directed by Prasad Vanarase (India)

**Fri 13 – Wed 18 June**  
**Theatre Royal Stratford East**

Dangalnama is the story of a younger generation in India making sense of their country's history since the assassination of Indira Gandhi in 1984. Sometimes shocking, profoundly moving and surprisingly humorous. Only 7 performances of this UK premier – don't miss it!

Performed in Marathi, English, Hindu, Kannada and Gujarati with English surtitles



2007 LAURENCE OLIVIER AWARD WINNER



## **Every Year, Every Day I Am Walking**

Magnet Theatre (South Africa)

**Fri 20, Sat 21 June**  
**Stratford Circus**

Uplifting theatre from South Africa that tells the story of a young refugee who loses her family and home. Forced to travel to a new place where she makes a new life facing danger and uncertainty. Only 3 performances.



## **Karaoke 146**

**Sun 15 June**  
**The Lift, Stratford Park**

Join in a multilingual karaoke event and celebrate the 146 languages spoken in Newham. Let us know your favourites and warm up your vocal chords for a karaoke challenge not to be missed.



## **Trashcatchers Ball**

**Sat 21 June** (with preceding workshops on Sat 14 & Wed 18 June) T  
**The Lift, Stratford Park**

Design build and animate sculptures, costumes and instruments from waste materials and create artworks for the Trashcatchers Ball which brings Lift Festival 2008 Stratford to a spectacular close.



## **Speak**

Theatre Royal Stratford East Young Actors' Company '08

**Fri 13, Sat 14, Mon 16 & Wed 18 June**  
**The Lift, Stratford Park**

An insightful new performance about our sense of belonging and exclusion. The journey to Notting Hill Carnival provides the backdrop to an epic mix of lives and stories inspired by real London experiences.



And don't miss The Lift at the heart of the Festival – our beautiful mobile venue in Stratford Park is groundbreaking in design and four storeys high!

Tickets 0844 412 4317

Online [www.liffestival.com](http://www.liffestival.com)

Or buy tickets in person at The Lift in Stratford Park



The Lift is supported by



# DIABETES ARE YOU AT RISK?

**Diabetes affects around 1,500 people in Newham. It's estimated that 5,000 more are living with the condition undiagnosed.**

Most people with the condition have Type 2 diabetes which means that not enough insulin is produced by the body, or what is produced isn't effective. This type of diabetes usually develops after the age of 40.

A smaller number of people have Type 1 diabetes, which means the body is unable to produce any insulin. This type is more common in children or young adults.

***Common symptoms of both types of diabetes are:***

- > increased thirst
- > passing water frequently, especially at night
- > tiredness and fatigue
- > loss of weight.

People with Type 1 diabetes also can suffer from cramps, constipation, blurred vision and recurrent skin infections. Diabetes can be detected in a routine urine or blood test which measures the amount of glucose.

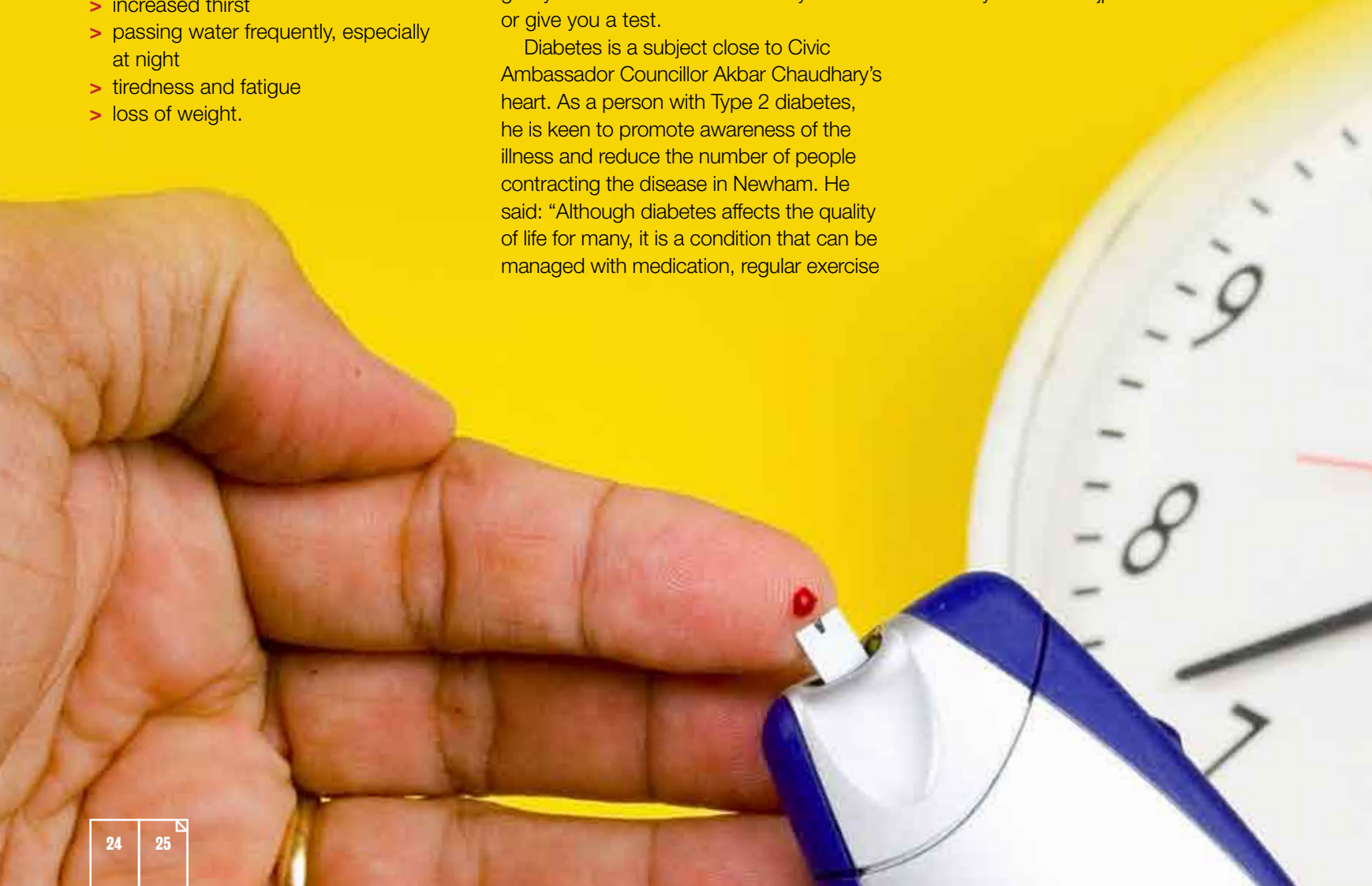
People of Black or South Asian origin have an increased risk of developing Type 2 diabetes – and at a younger age than the rest of the population. If you're a man with a waist measurement of 37 inches or more – 35 inches if you're from a black or South Asian background – or a woman with a waist of 31.5 inches or more you could be at risk, especially if you have a family history of diabetes. Your GP can give you advice on how to lower your risks or give you a test.

Diabetes is a subject close to Civic Ambassador Councillor Akbar Chaudhary's heart. As a person with Type 2 diabetes, he is keen to promote awareness of the illness and reduce the number of people contracting the disease in Newham. He said: "Although diabetes affects the quality of life for many, it is a condition that can be managed with medication, regular exercise

and a balanced diet. It's important to consider whether you are at risk and see what you can do to reduce your chances of contracting the disease."

You can reduce your chances of developing Type 2 diabetes by making some simple changes to your lifestyle: maintaining a healthy weight, taking regular exercise, and eating a healthy diet.

8 to 14 June is National Diabetes Week. An information stall run by Diabetes Newham, the support group for people affected by diabetes, will be at the entrance to Shrewsbury Road Clinic, East Ham, on Monday 9 and Tuesday 10 June. To find out more about the Diabetes Newham group email Jayanti Solanki: [jpsolanki@hotmail.com](mailto:jpsolanki@hotmail.com)





**Having that blinding white smile is not just about looking good – there's more and more evidence that a healthy mouth is linked to a healthy body, and that's the message of this year's National Smile Month running from 18 May to 17 June.**

With so many NHS dentists in Newham, residents have something to smile about – and Newham Primary Care Trust (PCT) is marking National Smile Month with a free two-day event at Newham Town Hall on 13 and 14 June from 10am to 4pm. Everyone is welcome to come and talk to the experts about access to NHS dentists, dental costs and good oral health. As well as a wealth of information, there will be the opportunity to take part in the Acid Test, a demonstration of the effects of fizzy drinks on teeth. Free fruit and health checks will be provided.

To lead up to the two day event, a health promotion van will be at the

following venues from 10am to 2pm: Morrisons Supermarket, Stratford (21 May), Savacentre, Beckton (23 May) and Hamara Ghar, Green Street, Upton Park (5 June).

### **Talk about your teeth**

Throughout May and June, Newham Primary Care Trust is conducting a survey to find out the dental needs of adults and help them to plan dental services for the future. A team of researchers will visit selected households quizzing adults aged 16 or over who agree to take part. Residents will be asked questions about their past dental experience as well as the condition of their teeth and gums.

Some of those selected for the survey may be asked to have an examination of their teeth and gums by a team of dentists at a later date.

For further information please contact:

Desmond Wright, Consultant in Dental Public Health on 020 8223 8919/8586 or e-mail [desmond.wright@thpct.nhs.uk](mailto:desmond.wright@thpct.nhs.uk)

To find an NHS dentist call 020 8586 6298.

### **How to keep your million dollar smile**

- > Brush twice a day with fluoride toothpaste to prevent gum disease. Gum disease has been linked to heart disease, stroke, pre-diabetes and low birth weight babies
- > Cut down how often you have sugary foods and drinks
- > Visit the dentist regularly, as often as they recommend
- > Change your toothbrush every three months

# Something to smile about



A carer is a person that gives up their time to look after a friend, family member or someone that is ill or disabled. Carers come in all shapes and sizes – for example, many young people care for their parents and parents their children. It can be very rewarding, but many carers needlessly face isolation, poverty and ill-health.

In celebration of national Carers Week, which runs from 9 to 14 June, Newham Carers Network will be hosting a drop-in health and therapies day on 11 June at the St Mark's Community Centre, Tollgate Road, Beckton from 10.30am to 2.30 pm, to mark this year's theme: Carers Cannot Afford To Be Ill. A range of complementary therapies will be available, as well as various workshops including aromatherapy, exercise and diet. There will also be money management advice. All carers in the borough are welcome.

Carers for people with substance misuse issues are also invited to take part in a countryside retreat in Suffolk from 9 to 11

June that will look at managing stress and tension. Contact Tahira Begum (carers involvement co-ordinator) on 020 8430 2017 for more information.

#### **New Emergency Scheme for Carers**

Stress and worry can be major causes of ill health. To give carers peace of mind, the council is launching a Carers' Emergency Scheme from July.

Carers will be issued with a card bearing details so that, if they fall ill or are involved in an accident, they know that the person they care for will not be alone. The card does not have personal details on it, only the telephone number of a central helpline where key information is held.

#### **How do you get a card?**

The council is offering the opportunity to join the Carers' Emergency Scheme as part of a carer's assessment or review, a meeting where the council works out the amount of support you are entitled to.

Newham Network, the Newham Homes Community Alarm and Telecare Service, will hold your details and arrange care support in the event of an emergency.

In an emergency situation anyone can call the helpline and quote the registration number printed on the card. The call centre then puts your pre-arranged emergency plan into action. This free service is available 24 hours a day, 7 days a week and other London boroughs have agreed to use the same design, so it will be recognised by professionals.

**For more information  
or to organise a carer's  
assessment, either ask the  
social worker/care manager  
of the person you care for  
or call adult services on 020  
8430 2000.**

# Carers Week 2008:

## *Carers cannot afford to be ill*





# NEWHAM SERVICES FORUM

TO ADVERTISE IN THE NEWHAM SERVICES FORUM PLEASE CONTACT JULIE BROWN ON 07890 529 090



A world of sunshine and support is waiting for you here:

<p><b>PLAISTOW EVENING</b> The Black Lion 59-61 High Street, entrance on Richmond Street WEDNESDAY'S 5:00 PM &amp; 7:00 PM Paula Tel: 01621 843335</p> <p><b>PLAISTOW MORNING</b> The Black Lion 59-61 High Street, entrance on Richmond Street WEDNESDAY'S 9:00 AM Paula Tel: 01621 843335</p> <p><b>BECKTON</b> East London Gymnastics Club Frobisher Road (Back of Asda) TUESDAY'S 5.00 PM &amp; 7.00 PM Toni Tel: 0207 473 6087</p>	<p><b>EAST HAM</b> St Bartholomews Church Centre 292b Barking Road TUESDAY'S 6:00 PM &amp; 7:30 PM Paula Tel: 01621 843335</p> <p><b>LEYTONSTONE</b> Methodist Church Hall, Cann Hall Road WEDNESDAY'S 5.30 PM &amp; 7:00 PM Debbie Tel 0208 558 6671</p> <p><b>UPTON PARK</b> New Martin Hall, 25 Cloughton Road (off Boundary Road) WEDNESDAY'S 7.00 PM Betta Tel 07944 688737</p> <p><b>STRATFORD</b> Atherton Leisure Centre 189 Romford Road THURSDAYS 5PM AND 7PM Tel Kelly 07770 807728</p>
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## Training & Conference Facilities:



### Newham's Professional Development Centre to hire for meetings, training, seminars & events.\*

- 15 rooms for groups of 6 – 150
- most with wheelchair access
- £60 to £192 per day
- with multimedia projector, video, flipchart
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- Café – meals, snacks & refreshments
- Media Services – one-stop print shop.

\*Not available for party hire.

**CREDON CENTRE**

0208 430 5943 [www.npd.newham.gov.uk](http://www.npd.newham.gov.uk)

### Young People's Project Manager- Britannia Village

Full time - £26,000 pa 12 months contract, (may be extended)

We are seeking someone who is passionate about bringing out the best in children and young people and helping them to contribute positively in our community.

You will plan, resource and deliver a varied programme meeting social, educational and recreational needs. The post holder will be expected to work evenings and weekends. A youth work or clearly related qualification and two years project delivery experience is essential. For an application pack, contact Jane Parish at Community Links [jane.parish@community-links.org](mailto:jane.parish@community-links.org) or write to 105 Barking Road Canning Town E16 4HQ. Closing date for applications is noon - June 13<sup>th</sup>.

east THAMES



**Bonny Downs Community Association**  
**Fit & Healthy Elders Project Co-ordinator**  
**Part time job share application, 18 hours p/w**  
**Salary range £27,500 – £29,500 pro rata**



A committed and talented individual is sought to develop an already successful community based Elders project in East Ham. Ideally you will be an experienced Social Worker able to coordinate and develop non-statutory primary health and well-being services to isolated and vulnerable elders. You will share our conviction that older people should be honoured and supported to live life to the full. For an informal discussion contact Diana Laing on 02085866868. For an application pack contact: The Well, 49 Vicarage Lane E6 6DQ. Tel: 020 8586 7070. Email: [well.centre@bonnydowns.org](mailto:well.centre@bonnydowns.org) Closing date 23<sup>rd</sup> June, interviews w/c 30<sup>th</sup> June 08

## Salsa classes

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Learn to dance salsa in just 12 weeks!  
Suitable for Beginners & Improvers

All ages welcome. No need to bring partner  
*Keep fit dancing, meet people & have fun!*

**Every Wednesday 7:30 to 8:30pm**  
**Starting 4th June 2008**

£5 per class (or £50 for 12 sessions  
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# NEWHAM

## >> IN FOCUS



## Upton Centre gets equipment boost

Young people at **PLAISTOW'S** Upton Centre have been given table tennis and badminton equipment, games consoles and games to help alleviate boredom and enhance facilities.

The improvements came after Plaistow North ward councillors, Joy Laguda, Zulfiqar Ali and Jonathan Knott and Deputy Mayor Councillor Christine Bowden visited community centres and agreed to provide the club with extra facilities. Councillors have also helped to employ youth workers to assist the busy sessions. Selwyn School in Plaistow and other after school clubs have also benefited from extra sports equipment.

The Influential Councillor scheme, which allows elected members to focus on the needs of their local community, supplied funding for the equipment.

Aijaz Sheikh, youth club co-ordinator, said: "The equipment has really helped to get the youth club off the ground and given the young people something to get stuck into. We really appreciate the support and commitment the councillors have given us."

The youth club attracts around 50 young people to each of its sessions.

Deputy Mayor Councillor Christine Bowden said: "Youth clubs and after school clubs are important social outlets for our young people and are integral to their future. I'm delighted to be able to make a contribution to the improvement and growth of these clubs."



## Centenary celebrations

Bonny Downs Baptist Church celebrated its centenary with a street party in Darwell Close, **EAST HAM**, where 250 people enjoyed food, games, a live band, children's entertainer, bouncy castle, puppet show and an exhibition of photographs from the past 100 years. The party is one of a series of events held by the church this year and reflects its commitment to its neighbours and community.



## Volunteers help Angolan girl

Two volunteers from **FOREST GATE** charity Girassol Diaspora have returned from a fact finding mission to Angola. The pair presented a wheelchair to a young girl called Esmeralda who lost the use of three limbs in a landmine explosion which also killed her father. Esmeralda lives in a metal goods container with her mother in the outer slums of the capital Luanda.

Girassol Diaspora is run by volunteers and assists London's Portuguese-speaking communities. The charity is involved in educational activities and has raised money through dinner events and capoeira (Brazilian martial art) sessions. The funds raised enabled the team to buy Esmeralda's wheelchair.

To find out more about Girassol Diaspora contact 020 8534 3535.



# Scouts lend a hand with green flag preparations

Hard working Scouts from the 11th Newham Scouts Group volunteered their services at City of London's West Ham Park, **FOREST GATE**, in preparation for the park's forthcoming Green Flag assessment. The Green Flag Award is the national standard for parks and green spaces in England and Wales. The Scouts helped weed a hedge line, which they had planted earlier this year. The native hedge was introduced as part of a project to increase biodiversity and public involvement and was funded by grants awarded to the park for £17,400 from Natural England and £1,500 from the Greater London Authority. The Scouts worked extremely hard and all the staff were very thankful for their time and enthusiasm. If you would like to join the Scouts, visit [newhamscouts.org.uk](http://newhamscouts.org.uk) or call 0845 300 1818.



Hard at work



Doing their bit – 11th Newham Scout group

## Citizens Advice Bureau on the move

The Newham Citizens Advice Bureau has a new home in **CUSTOM HOUSE AND CANNING TOWN**, after closing its Stratford Bureau at the Grove.

The offices are now located at 71A Coolfin Road, which is just a few minutes from the Custom House DLR and on bus routes 241, 147 and 325.

They can help with a range of issues like debt, benefits and immigration advice.

The team offers advice from 10am to 4pm Monday to Friday or over the phone on 020 7540 4941.

## LEARN AN AFRICAN LANGUAGE

There's no need to go to Africa to learn a new language when you can begin studies in **PLAISTOW**.

The UK's first African Language School has opened in Plaistow and offers a range of courses for children and adults.

You can learn the languages of Ghana (Twi, Ga), Nigeria (Yoruba, Igbo), Ethiopia (Amharic) and other East African languages such as Swahili.

To find out more check out the open day on Monday 9 June at 7pm at The Newham Caribbean African Resource Centre, 627 - 633 Barking Road, Plaistow, or visit [www.theafricanlanguageschool.com](http://www.theafricanlanguageschool.com)



## Fashion thrill for Newham students

Three Newham students have a fabulous summer of fashion ahead of them as finalists in the Fashion Futures 2 design project.

Congratulations to Tolani St Anne Juliuson (17) and Sobia Yousaf (18) from Newham Sixth Form College and Tobi Odubeko (17) from St Angela's and St Bonaventures Sixth Form College.

The trio beat 100 hopefuls from across ten London boroughs to secure places as one of the 22 finalists in the second stage of the design competition, which was arranged by Fashion Awareness Direct.

Next on the agenda is a summer workshop at the prestigious Central Saint Martins, which boasts designers such as John Galliano, Alexander McQueen and Stella McCartney among their alumni.

The students will learn how to turn their design into garments with their final pieces displayed in a catwalk show at the end of the summer.



Tolani St Anne Juliuson and Sobia Yousaf



Tobi Odubeko with her winning garment



## NEWHAM » IN FOCUS



## TEA DANCING TIME

Do you want to learn how to glide gracefully and sashay with style?

Join tea dancing lessons at St John's Community Centre, Albert Road, **NORTH WOOLWICH**, every Monday from 12.30 to 2.30pm.

Lessons are for beginners and improvers and hosted by qualified dance instructor Barry Perry. For more information call Dora Lam on 020 7476 1666.



## Fantastic family play day

Pack a picnic and bring the whole family for a fun day of play activities and workshops on Saturday 14 June.

A free play day will be held from 10am to 3pm at the Tunmarsh Centre, Tunmarsh Lane, **PLAISTOW**.

The event is for children under 11 years with learning difficulties and their siblings, parents or carers.

Among the activities will be arts and crafts, parachute games, participatory music, a bouncy castle and a specialist play area for under-fives. The event will also boast the opening of the centre's fabulous new outdoor play area.

To find out more contact Katie at the Tunmarsh Centre on 020 8430 4801.



## All Star Danny Dyer donates £5,000 to children's hospital

The staff at Richard House Children's Hospice in **BECKTON** are on a high thanks to a significant donation from a celebrity East End resident.

Film and TV star Danny Dyer struck it lucky on ITV's All Star Mr & Mrs, winning £5,000 of prize money which contestants can donate to a charity of their choice.

Dyer and his partner battled it out for the chance to win up to £30,000 against other well-known celebrities on the revitalised 1980s hit game show.

Community fundraising manager Viv Talbot said: "This is such a wonderful, unexpected surprise which will benefit the children and young people accessing Richard House Children's Hospice."

Richard House is London's first Children's Hospice and has been providing care and support for life-limited and life-threatened children and their families since the year 2000.

Victorious Newham All Stars with assistant coach Kelvin Facey



## BASKETBALL BRILLIANCE

For the best slam-dunk, dribble and bounce in England look no further than Newham's under-13 basketball team.

The boys from Newham All-Star Sports Academy (NASSA) were victorious in the national age group championships in April.

Following some closely fought matches they were pitted against Brentwood Fire in a nail-biting final match.

After trailing for much of the game and with less than three minutes to go the boys found the winning spirit to take the title with a final score of 72 to 68.

Head coach Natasha Hart said: "We are really proud of the boys for working so hard to achieve this fantastic result and hope to build on this to raise the profile of our talented young sports people in Newham."





# JUNE IS MARKET TIME

By popular demand the International Market will come to **STRATFORD** this June.

Everyone is welcome to enjoy the taste and atmosphere of Europe from 9am to 6pm, Monday 2 to Thursday 5 June at Meridian Square, Stratford.

This is a chance to sample French bread, crepes and jams, along with cheeses from Holland and Germany's gorgeous spicy sausages.

There will also be a wide range of leather goods from Spain and many other continental products such as biscuits, lace tablecloths and hand cut soaps.

## KEEP YOUR HOME SAFE THIS SUMMER



Newham Borough Police want to remind all residents to take a few simple precautions this summer to avoid being burgled.

Take these steps to help protect your property:

- > When sleeping or when your home is empty ensure all accessible windows are closed and locked
- > Avoid leaving valuables on display or near windows
- > Use net curtains or tinted film on windows to prevent people from seeing in
- > Consider fitting window alarms or vibration detectors and internal security grills on accessible windows
- > Be alert to bogus callers and don't open the door to anyone before you've checked who it is

For more advice about protecting your property contact the Police Crime Prevention Officer on 020 8217 4355 or your local Safer Neighbourhood Team. Find their contact details at [www.met.police.uk/saferneighbourhoods](http://www.met.police.uk/saferneighbourhoods)

## Rt Hon Tessa Jowell visits Springboard scheme in Stratford

The Rt Hon Tessa Jowell MP visited residents at Springboard's supported housing scheme in Chadacre Court, **STRATFORD**.

Accompanied by councillors Jonathan Knott and Joy Laguda she talked about the mayoral elections and answered questions about the 2012 Olympics.

Chadacre Court is home to around 35 people.



## Forget me not

Artistic creations from people across generations will be on show at an exhibition hosted by Community Links Education Project.

*Forget me not, when I am old* will take place on Friday 13 June from 7 to 9pm at the Elderly Resource Centre, 200 Chargeable Lane, **PLAISTOW**.

The dynamic exhibition is the result of a month-long project, where 30 young people who have been excluded from east London schools interacted with 40 of the borough's older people.

Through activities including gardening, cooking, arts and befriending, they shared memories with each other and developed new skills.

The exhibition showcases a combination of the group's creations including artwork, photos, a film and a live drama performance.





# Kids' Corner



PLEASE SEND YOUR DRAWINGS,  
JOKES AND POEMS TO:  
KIDS' CORNER, ROOM 53,  
NEWHAM TOWN HALL, EAST HAM E6 2RP

## Gallery



*Junad Ahmed, nine*



*Safiyya, nine and Abidah, seven*



*Zamila Ullah, five*



*Janaith Hussain, eight*



# Poem

**Bundles of roses**  
by J Athityan, nine

Bundles of roses, oh bundles of roses,  
I like to smell you throughout my life.

You're so pretty in pink,  
colour that I want to have you in my room.

Bundles of roses, oh bundles of roses,  
I like to smell you throughout my life.

## 3-letters

ash  
DNA  
ego  
eve  
hot  
ice  
pie  
tar  
tie  
USA

## 4-letters

area  
card  
door  
maid  
mood  
over  
roll  
room  
taps  
tray

## 5-letters

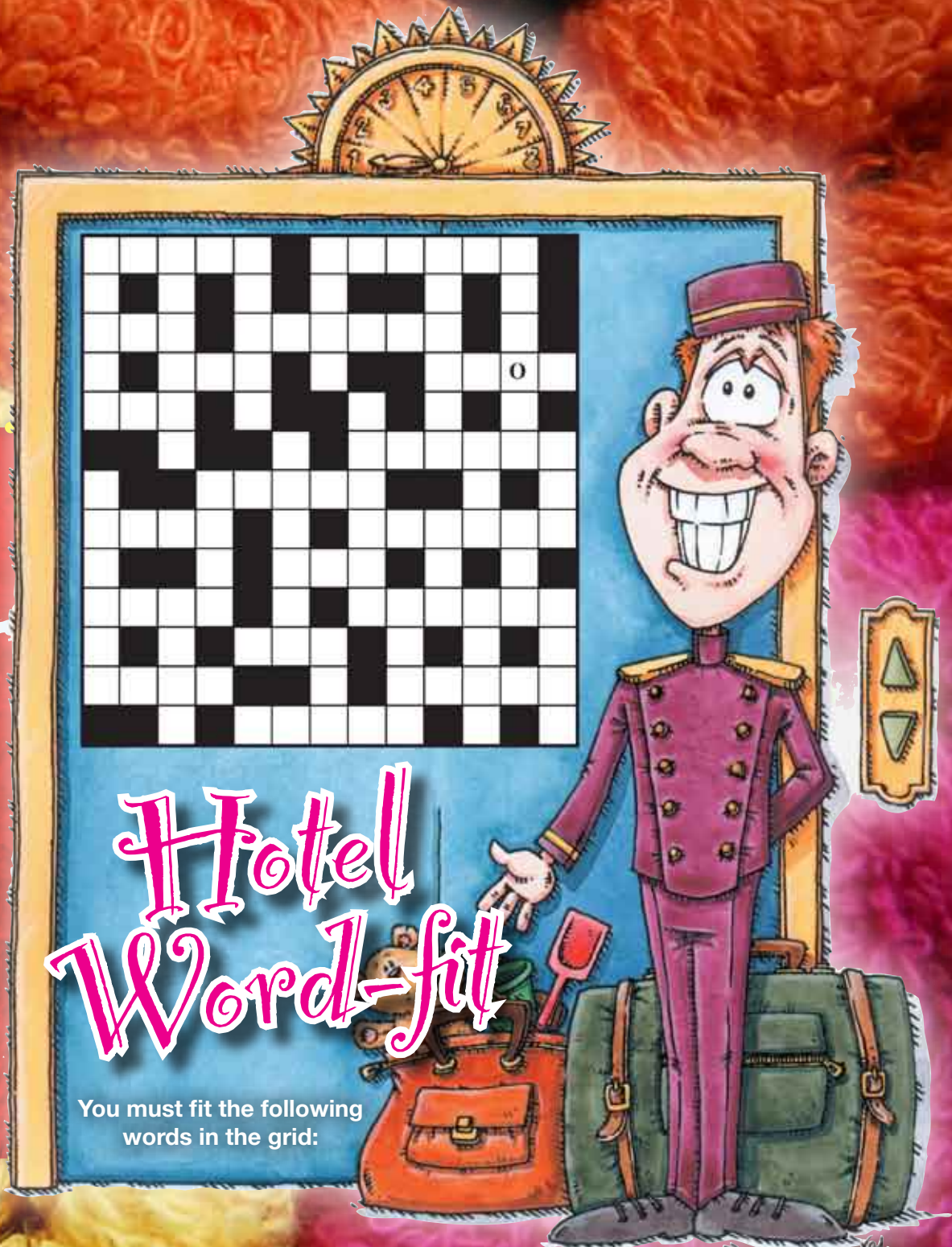
email  
hotel  
house  
linen  
motel  
water

## 6-letters

asleep  
estate  
London  
napkin  
porter  
samosa  
sundae  
stairs  
tables  
talcum  
teapot

# Hotel Word-fit

You must fit the following  
words in the grid:





Every dad is different. Maybe yours is a font of knowledge on football, a keen gardener or a local history buff, or perhaps he flies planes at the weekend, bodybuilds or keeps wild animals in the garden. Whatever you love about your dad, Father's Day on Sunday 15 June is the perfect opportunity to show your appreciation.

To celebrate dads, step-dads and father figures of all kinds, we're offering some fantastic prizes to the winner of our competition. The lucky winner will be able to treat their dad and three others with a set meal for four at Nakhon Thai restaurant on the Royal Docks, valued at £22.50 per head. Nakhon is sure to impress the family, with its canopied straw huts and authentic artefacts that bring the exotic

shores of Thailand that little bit closer. If the weather is fine you can even dine al fresco and take in the glittering dockside view while you sample some of the best food in town.

But don't think the prize ends there – one Newham dad is going to be really spoiled this year because we're also offering a football signed by the current West Ham United football team!

To enter, just write to us telling us in 100 words why your dad – or someone who is just like a dad to you – is better than anyone else's. Send entries to the Editor, Newham Mag, Newham Town Hall, London E6 2RP or email [newham.mag@newham.gov.uk](mailto:newham.mag@newham.gov.uk) by 6 June.

Thank you to Nakhon Thai and West Ham United FC for their kind donations.

### Fantastic Father's Day Facts

- 1 The first Father's Day was celebrated on 19 June 1910
- 2 Father's Day always falls on the third Sunday in June
- 3 Sonora Louise Smart Dodd, of Spokane, Washington, USA, started the tradition of Father's Day in honour of her dad who raised six children as a lone father
- 4 Every February the Romans honoured their fathers – but only dead ones
- 5 An estimated 32 million Father's Days cards are sent each year

# Let's hear it for dads

**WIN a meal  
for four and  
a signed West  
Ham United  
football**





# WHAT'S ON?



31 MAY – 14 JUNE

## ALL LIBRARY LISTINGS

### UNDER 5s GROUPS

All open to under fives with their parents/carers.

#### Storytelling

**Beckton Globe** Every Friday 10-11am

**Canning Town** Every Monday 10.30-11.30am

**Custom House** Every Tuesday 10.15-11.15am

**East Ham** Every Wednesday 2-3pm

**The Gate** Every Friday 11am-12noon

**Green Street** Every Thursday 10.30-11.30am

**Manor Park** Every Thursday 10.30-11.30am

**North Woolwich** Every Thursday 2-3pm

**Plaistow** Every Tuesday 11am-12noon

**Stratford** Every Tuesday 11am-12noon and every Friday 2-3pm

#### Little Readers

**Stratford** Every Wednesday 1.30-2.30pm

#### Crafts Club

**Manor Park** Every Tuesday 10.30-11.30am

#### Crafts & Computer Club

**Stratford** Every Monday 10.30-11.30am

#### Toy Library

**Beckton Globe** Every Monday 10am-12noon and every Thursday 1-3pm

**East Ham** Every Tuesday 10am-12noon and every

Thursday 10am-12noon

#### Messy Play

**Beckton** Tuesdays during school term 1.30-2.30pm

#### Imaginative Play

**East Ham** Every Friday 10.30-11.30am

### ADULT READING

#### Adult Reading Group

**The Gate** Tuesday 3 June 6.30-7.30pm

**Plaistow** Thursday 5 June 6.45-7.45pm

**Stratford** Monday 9 June 6.30-7.30pm

#### Tamil Reading Group

**East Ham** Wednesday 11 June 11am-1pm

#### Women-Only Urdu Reading Group

**Green Street** Tuesday 10 June 5.30-7.30pm

#### Over 50s Reading Group

**Beckton** Tuesday 3 June 9.45-11.45am

### OTHER GROUPS

#### Over 50s Club

**Beckton Globe** Every Tuesday 9.45-11.45am

#### Click-On

**East Ham** Friday 13 June 10am-12noon and 2-4pm

**Plaistow** Friday 6 June 10am-12noon and 2-4pm

### YOUNG PEOPLE

#### Homework Club – For

young people aged seven to 14. School term only.

#### Beckton

Every Tuesday 4-6pm

#### Canning Town

Every Saturday 10am-12noon

#### Custom House

Every Saturday 10am-12noon

**East Ham** Every Monday 4-6pm

**The Gate** Every Thursday 4-6pm

#### Green Street

Every Tuesday 4-6pm

#### Manor Park

Every Saturday 10am-12noon

**North Woolwich** Every

Thursday 3.30-5.30pm

**Plaistow** Every

Thursday 4-6pm

**Stratford** Every Monday 4-6pm

#### Children's Games Club –

For children aged five to 12.

**Canning Town** Thursday 12 June 4-6pm

**Games Club** – PS2 and Xbox games, music, board games and more activities for ages eight to 13.

**Custom House** Every Tuesday 3.30-5.30pm

**East Ham** Every Tuesday 3.30-5.30pm

**Manor Park** Every Thursday 4-6pm

#### Teenage Games Club –

PS2 and Xbox games, music, board games and more activities for ages 12 to 16.

**Beckton Globe** Every Monday and Wednesday 3-5pm

#### Family Reading Group –

A chance for children aged five to 11 and their families to read

together and have fun.

**The Gate** Sunday 1 June

2.30-4pm

#### Children's Reading Group

– Explore the pleasure of reading in a family-friendly environment.

**Canning Town** Thursday 5 June 4.30-5.30pm

**Teen Xtra Evenings** – Free activities for young people aged 12 to 21.

**The Gate** Every Friday 6-8pm

### LIBRARY ADDRESSES

**Beckton Globe** 1 Kingsford Way, E6 5JQ. 020 8430 4063

**Canning Town** Barking Road, E16 4HQ. 020 7476 2696

**Custom House** Prince Regent Lane, E16 3JJ. 020 7476 1565

**East Ham** High Street South, E6 6EL. 020 8430 3647

**The Gate** 4-20 Woodgrange Road, Forest Gate E7 0QH. 020 8430 3838

**Green Street** 337-341 Green Street, E13 9AR. 020 8472 4101

**Manor Park** Romford Road, E12 5JY. 020 8430 2207

**North Woolwich** 5 Pier Parade, E16 2LJ. 020 8430 5900

**Plaistow** North Street, E13 9HL. 020 8472 0420

**Stratford** 3 The Grove, E15 1EL. 020 8430 6890  
Archives and Local Studies: 020 8430 6881



## ESTATE BASED SPORTS

**Sessions are open to 12-18 year-olds, free unless otherwise stated and are for all abilities. For more information call 020 8430 2484 or visit [www.newham.com/2012Games](http://www.newham.com/2012Games)**

### Athletics

*Every Friday* 4.30-6pm, eight-19 years, Drapers Field

### Basketball

For ages eight-19 unless otherwise stated.

### Leyton Orient Community Sports Programme (LOCSP)

*Every Monday* 4.30-6.30pm Winsor Park

*Every Monday* 7-9pm Froud Community Centre

*Every Tuesday* 5-7pm Royal Victoria Gardens

*Every Tuesday* 7.30-9pm Plaistow Park

*Every Wednesday* 5-7pm Memorial Park

*Every Wednesday* 5-6.30pm

New Beckton Park

*Every Thursday* 4.30-6.30pm Priory Park

*Every Thursday* 5.30-7.30pm Barking Road Rec

*Every Friday* 5-6.45pm

Forest Gate Youth Centre

*Every Friday* 5-7pm

Lister Gardens Park

### Newham All Stars Sports Academy (NASSA)

Term time only. For more information please contact Natasha Hart on 020 8519 3961.

*Every Tuesday*

4.30-6pm, girls 11-16 years

Sarah Bonnell School

*Every Thursday*

6-8pm, 12-16 years

Cumberland Sports College

*Every Friday*

4.15-5.30pm, eight-11 years

5.30-7.30pm, 12-16 years

Cumberland Sports College

*Every Saturday*

11am-1pm, eight-11 years

Sarah Bonnell School

### Youngbloods Basketball Club

For more information please contact Caroline Charles 07958 307657 or Steven on 07940 111175.

*Every Tuesday* 6-8pm, under-15s and under-14s

East Ham Leisure Centre

*Every Tuesday* 8-10pm, under-18 and under-16 boys

East Ham Leisure Centre

*Every Tuesday* 5.30-7.30pm, under-16s and under-15s

Newham Leisure Centre

*Every Thursday* 6-8pm, under-15 boys national league

Newham Leisure Centre

*Every Saturday* 1-3pm, under-13s and minis

East Ham Leisure Centre

### Cricket

*Every Thursday*

5-7pm, eight-to-16 years

Newham Cricket Club

Langdon School

£1 per session

*Every Tuesday*

5.30-7pm, eight-to-19 years

Score Indoor Complex

*Every Thursday*

4.30-6pm, eight-to-19 years

Drapers Field

### Football

*Every Monday* 6-8pm

Plaistow Park

*Every Tuesday* 5.30-7.30pm

Little Ilford Ball Cage

*Every Tuesday* 5-7pm

Stratford Park

*Every Tuesday* 5-7pm

Phoenix Cage

*Every Wednesday*

4.30-6.30pm

Royal Victoria Gardens

*Every Wednesday*

5-7pm, eight to 19 years

Stratford Park

*Every Wednesday*

7.30-9.30pm, 16+ years

(£2 charge)

Score Complex

*Every Thursday* 5-7pm

Scud Park Ball Cage

*Every Thursday* 6-8pm

Forest Gate Youth Centre

*Every Friday*

4-5.30pm (term time only)

St John's Community Centre

*Every Friday* 6-8pm

Priory Park Ball Cage

*Every Saturday*

2-4pm, six to 14 years (£3

charge) Score Complex

### Ascension Football

### Academy

For more information please contact Louise on 07841 749292.

*Every Saturday*

School years R-3:

9.30-10.30am

School years 4-7:

10.45-11.45am

School years 8-11:

12noon-1.30pm

£2.50 per child per session

King George V Park

### Estates Football and Basketball League

*Every Monday*

6-8pm, under-14s and under-17s

Score Complex Hard Court

*Every Tuesday* 5.30-7pm,

under-12s and under-14s

Drapers Field

*Every Friday* 6-8pm, under-

14s and under-17s

Leyton Manor Park

### Football and Basketball

*Every Monday* 4.30-6.30pm

Winsor Park

*Every Wednesday* 5-7pm

New Beckton Park Ball Cage

*Every Wednesday*

4.30-6.30pm

Ford Park

*Every Wednesday* 6-8pm

Plasnet Park

*Every Thursday* 4.30-6.30pm

Priory Park Ball Cage

*Every Thursday* 5.30-7.30pm

Barking Road Rec

*Every Friday* 5-7pm

Lister Gardens Park







*Every Friday 5-7pm  
Canning Town MUGA*

### **Multi-Sports**

*Every Monday  
5-7pm, eight to 19 years  
Langthorne Park  
Every Monday  
5-7pm, eight to 19 years  
Alma Street MUGA  
Every Tuesday 4-5pm  
Carpenters and Docklands  
Centre (term time only)  
Every Tuesday  
5-7pm, eight to 19 years  
Stratford Park  
Every Wednesday 4-5pm  
Carpenters and Docklands  
Centre (term time only)  
Every Wednesday  
5-7pm, eight to 19 years  
The CAGE (Chatsworth Active  
Games Enclosure)*

*Every Wednesday 5-7pm  
Stratford Park  
Every Wednesday  
4-6pm, 10 to 19 years  
Cann Hall Park  
Every Wednesday  
5-7pm, eight to 19 years  
Major Road Ball Park  
Every Thursday  
5-7pm, eight to 19 years  
The CAGE*

### **Stratford Table Tennis Club**

*Every Wednesday  
6.30-9.30pm  
Stratford Secondary School*

### **Eastlea Handball Club**

*Every Thursday 4-5pm  
11 to 18 years  
Eastlea School  
Every Thursday 5-6pm*

*four to 11 years  
Eastlea School*

### **Stratford Handball Club**

*Every Monday 3.15-4.15pm  
11 to 18 years  
Stratford Secondary School  
Mondays 4.30-5.30pm  
four to 11 years  
Stratford Secondary School*

### **Venue Addresses**

*Alma Street MUGA  
Stratford E15  
Barking Road Rec  
Burgess Road, East Ham E6  
The CAGE (Chatsworth Active  
Games Enclosure) Cruickshank  
Road, Stratford E15  
Cann Hall Park  
Off Cann Hall Road, E11  
Canning Town MUGA  
Corner of Freemasons Road  
and Sophia Road, E16  
Carpenters and  
Docklands Centre  
98 Gibbins Road, Stratford  
E15 2HU  
Cumberland School  
Sports College  
Oban Close, Plaistow E13 8SJ  
Drapers Field  
Temple Mills Lane, off Leyton  
High Road, E15  
East Ham Leisure Centre  
324 Barking Road,  
East Ham E6 2RT  
Ford Park, Canning Town, E16  
Forest Gate Youth Centre  
Woodgrange Road, E7  
Froud Centre*

*Toronto Avenue,  
Manor Park E12 5JF  
Langthorne Park  
Off Leytonstone High  
Road, E11  
Leyton Manor Park  
Off Capworth Street,  
Leyton E10  
Lister Gardens Park  
Corner of Upper Road and  
Florence Road, Plaistow E13  
Little Ilford Ball Cage  
Reynolds Avenue,  
Manor Park E12  
Major Road Ball Cage  
Stratford E15  
Memorial Park  
West Ham E15  
New Beckton Park Ball Cage  
Savage Gardens, Beckton E6  
Newham Leisure Centre  
281 Prince Regent Lane,  
Plaistow E13 8SD  
Phoenix Cage  
Milner Road, West Ham E13  
Plaistow Park  
Balaam Street, Plaistow E13  
Plashtet Park  
Woodhouse Grove,  
East Ham E6  
Priory Park Ball Cage  
William Morley Close,  
Upton Park E13  
Royal Victoria Gardens  
Pier Road, North  
Woolwich E16  
Sarah Bonnell School  
Deanery Road,  
Stratford E15 4LP  
Score Complex  
100 Oliver Road  
Leyton E10 5JY  
Scud Park Ball Cage  
Tant Avenue,  
Canning Town E16  
Stratford Park  
Densham Road,  
Stratford E15  
St John's Community Centre  
Albert Road, North  
Woolwich E16  
Winsor Park, Warwall,  
Beckton E6*





## ALL OTHER LISTINGS

### SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

#### Multi-Sports

Mondays at Eastlea multi-sports club for SEN & disabled young people, Eastlea Community School from 4 to 5.30pm

#### Multi-Activities

People with Disabilities Club, Tuesdays at Newham Leisure Centre from 10.30am to 12midday

#### Swimming

People with Disabilities Club, Tuesdays at Newham Leisure Centre from 3 to 5pm  
Newham Otters Swimming Club, Saturdays at Newham Leisure Centre from 4.45 to 5.45pm  
Real Life Parenting, Sundays

at Balaam Leisure Centre from 12midday to 2pm  
Newham Swim School; 12 week course for disabled young people from 6 May to 22 July at Newham Leisure Centre from 4.30 to 5.30pm. £20 for the full course

#### Trampolining / Fitness / Swimming

SEN and disabled adults at Newham Leisure Centre, Tuesdays from 10am to 4pm

#### Get fit for free

Free use of the gym for one year for people with learning disabilities at Newham Leisure Centre on Tuesdays from 1.30 to 3.30pm. To book an induction you must contact Andrew Nippard on 020 7511 4477

#### New Age Kurling

Wednesdays from 30 April to 2 July at Newham Leisure Centre, 4 to 5.30pm. FREE

#### Goalball

First Thursday of the month at Newham Club, Brompton Manor School from 5 to 7pm

#### Trampolining

Fridays at Newham Leisure Centre from 4 to 5pm. Please book places in advance due to limited places. Call Andrew Nippard on 020 7511 4477

or email [andrew.nippard@newham.gov.uk](mailto:andrew.nippard@newham.gov.uk)

#### Wheelchair Football

West Ham United Power Wheelchair Football Club, Saturdays at Eastlea Community School from 1 to 2pm

#### B1 Football Club

Third Sunday of every month at East Ham Leisure Centre from 10am to 12midday

## OTHER EVENTS

#### Stratford Circus

##### BRING IT arts festival

**5 June** BRING IT Dance Collection at 7pm; tickets £2/£1

**10/11 June** BRING IT Dance Ventures at 7pm; tickets £2/£1

**12 June** BRING IT Sea of Memory; tickets £2/£1 (contact venue for times)

**17-19 June** BRING IT Silvertown 1917; tickets £2/£1 (contact venue for times)

**26 June** BRING IT Adaptation Project; tickets £2/£1 (contact venue for times)

##### Other events

**7 June** How High Is Up? at 3pm; tickets £4

Ages four to eight, 50 minutes

**20 June** Peccadillo Circus at 8pm; tickets £12/£10

**21 June** The War of the Buttons at 3pm; tickets £4  
Ages three plus, 45 mins

#### Box Office and Bookings

Tickets must be booked in advance. Booking for these events is through the Stratford Circus box-office on 020 8279 1015 or through the website at [www.stratford-circus.com](http://www.stratford-circus.com)  
Stratford Circus  
Theatre Square, Stratford, E15

#### Carers event

**17 June 2008, Old Town**

#### Hall Stratford, 1-6.30pm

If you care for someone with a mental health problem, the East London Mental Health NHS Foundation Trust wants you to join us for an afternoon of fun, pampering, information and discussion groups. Refreshments provided. For more details or to register your interest in attending, please call Meena on 020 7655 4234.

## USEFUL NUMBERS

### 020 8430 2000

Hundreds of services, just one number – for all council enquiries

For questions about councillor surgeries or to find out which ward you live in, call 020 8430 2000 or visit [www.newham.gov.uk/yourcouncillor](http://www.newham.gov.uk/yourcouncillor)

Write to Mayor Sir Robin Wales at Newham Town Hall, Barking Road, East Ham E6 2RP or email [mayor@newham.gov.uk](mailto:mayor@newham.gov.uk)

For information about Community Forums freephone 0800 519 4015 or email [communityforums@newham.gov.uk](mailto:communityforums@newham.gov.uk)

For information about the 2012 Games and how it will affect Newham, visit [www.newham.com/2012Games](http://www.newham.com/2012Games)

To report anti-social behaviour call Newham's 24-hour hotline on 0800 731 3300

To speak to the editor of The Newham Mag, call Anita Plaha on 020 8430 2000 or email [newham.mag@newham.gov.uk](mailto:newham.mag@newham.gov.uk)







# Newham City Farm

Newham City Farm is one of London's longest established city farms and hosts numerous events throughout the year. It boasts a range of rare breeds, exotic birds and farmyard classics.

All your farm friends are waiting to see you. Come along and meet Blaze the Shire horse and Kookie the Kookaburra.

## Annual Sheep and Wool Day

SUNDAY 8 JUNE 2008

**Free entry**

Activities include: sheep shearing, spinning/ weaving, horse and cart rides, storytelling and Newham City Farm Friends stalls (plants and bric-a-brac).

Café open for refreshments

BUS: 262, 300, 376 DLR: Royal Albert

PARKING: Limited spaces available on Stansfeld Road with additional spaces available in Will Thorne Pavilion (opposite the farm)



Visit us at: Newham City Farm,  
Stansfeld Road, Beckton E6 5LT

Telephone: 020 7474 4960  
(answer phone, please leave a message)

### Opening hours:

Summer: Tuesday-Sunday, 10am-5pm

Winter: Tuesday-Sunday, 10am-4pm

Closed Mondays, except Bank Holidays



The Mayor of Newham and Newham Council invite you to

# Newham's free Summer Of Fun!



## MAYOR'S NEWHAM SHOW

Saturday 12 - Sunday 13 July

Central Park, East Ham E6

A weekend of fun entertainment in the park! Plus spectacular carnival

## UNDER THE STARS

Thursday 28 August - Sunday 31 August

Central Park, East Ham E6

Four nights of fantastic free music. With firework finale

## PLUS

FREE SUMMER KIDS' COURSES -

everything from designing websites to building go-karts

FUN IN THE PARK AND LOADS MORE!

## ALL FOR FREE!

[www.newham.com/summer](http://www.newham.com/summer)

020 8430 2000

